

Evidence-based practices are a way to ensure that consumers receive appropriate treatments with the potential for the greatest success to meet their individual person-centered needs.

Evidence-based practices are also a method for SCCMHA to ensure the best use of limited resources through the delivery of proven services and supports for persons with disabilities in the Saginaw Community.

For more information about Evidence-Based Practices, please call our Evidence-Based Practice and Trauma-Informed Care Coordinator at 989-272-7372 or go to <https://www.sccmha.org/resources/evidence-based-practices.html>.



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24 Hour Mental Health Emergency Services

(989) 792-9732

Toll Free: 1-800-233-0022

www.sccmha.org

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SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY

Motivational Interviewing (MI)

An Evidence-Based Practice

What is Motivational Interviewing (MI)?

Motivational Interviewing (MI) is an evidence-based approach that helps people with mental health and substance use disorders and other chronic conditions such as diabetes, cardiovascular conditions, and asthma make positive behavioral changes to support improved health.

MI supports four principles:

- Expressing empathy and avoiding arguing
- Developing discrepancy
- Rolling with resistance
- Supporting self-efficacy (person's belief they can successfully make a change).

MI is incorporated into all clinical services at SCCMHA.



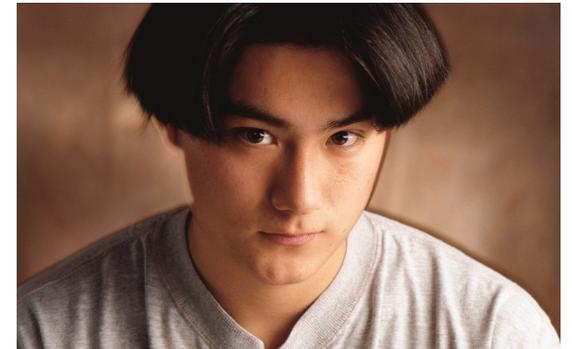
How does MI Work?

The MI approach is strengths-based. It elicits and respects a person's values, wisdom, and motivation to change, rather than attempting to convince individuals to follow a particular prescribed course of action. Unlike many approaches that tend to increase a person's resistance, MI is effective in decreasing resistance and thus enhancing their willingness to change. The MI-consistent provider acts as a guide who is empathic and skillful in helping people clarify their ambivalence about a particular concern, reinforcing change statements that help them move in the direction of change.

*“People are better persuaded by the reasons they themselves discovered than those that come into the minds of others”
(Blaise Pascal)*

How is MI Different from Other Approaches?

One of the biggest differences between MI concepts and other approaches is that in Motivational Interviewing the PERSON is the one who verbalizes the need for change rather than the health care provider.



For More Information

Discuss MI with your current treatment provider or contact Saginaw County Community Mental Health Authority's Centralized Access and Intake Unit (CAI) at (989) 797-3559.